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BIHAR YOGA®

YOGADRISHTI SERIES

Living the Divine Life

Swami Niranjanananda Saraswati



Yoga Publications Trust, Munger, Bihar, India

Living the Divine Life



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Swami Niranjanananda Saraswati

*Discourses from the Yogadrishti (Yogavision) series of satsangs
at Ganga Darshan Vishwa Yogapeeth, Munger,
from 6th to 9th March 2011*



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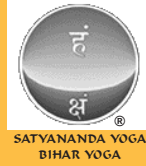
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Dedication tip-on

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“The source of life is the heart, not the mind. The mind and heart must be connected. In the lives of common people there is separation between the two, but in the lives of sadhakas and saints there is a connection. This connection is the fulfilment of human life. It is possible to attain it once you have become friends with the mind, vanquished the six enemies, and found the light needed to dive deeper into the mind by cultivating the six virtues of life.”

The Yogadrishti (Yogavision) series of satsangs consists of discourses given by Swami Niranjanananda Saraswati in Munger as part of the new phase of sannyasa life that he has embarked upon since 2009.

The theme of the satsangs Swamiji gave in March 2011 at Ganga Darshan Vishwa Yogapeeth was living a divine life. Swamiji explained how a life of dharma may be lived by imbibing positive samskaras and developing awareness of the aim of life. He expounded on the *shatvikaras*, the six causes of disturbance in life, and gave six practical sadhanas to overcome them. He also spoke on *sadhana chatusthaya*, the fourfold sadhana a spiritual aspirant must follow. In addition, Swamiji elucidated the mandate of Sannyasa Peeth, the third vision and mission of his guru, Sri Swami Satyananda.



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